**HOW YOUR FAMILY IS DOING**
- Take time for yourself and to be with your partner.
- Stay connected to friends, their personal interests, and work.
- Have regular playtimes and mealtimes together as a family.
- Give your child hugs. Show your child how much you love him.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Give your child the chance to make choices.
- Don’t smoke or use e-cigarettes. Keep your home and car smoke-free.
- Tobacco-free spaces keep children healthy.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.

**EATING HEALTHY AND BEING ACTIVE**
- Give your child 16 to 24 oz of milk every day.
- Limit juice. It is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% juice and always serve it with a meal.
- Let your child have cool water when she is thirsty.
- Offer a variety of healthy foods and snacks, especially vegetables, fruits, and lean protein.
- Let your child decide how much to eat.
- Be sure your child is active at home and in preschool or child care.
- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active together as a family.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Be aware of what your child is watching.
- Don’t put a TV, computer, tablet, or smartphone in your child’s bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

**PLAYING WITH OTHERS**
- Give your child a variety of toys for dressing up, make-believe, and imitation.
- Make sure your child has the chance to play with other preschoolers often. Playing with children who are the same age helps get your child ready for school.
- Help your child learn to take turns while playing games with other children.

**READING AND TALKING WITH YOUR CHILD**
- Read books, sing songs, and play rhyming games with your child each day.
- Use books as a way to talk together. Reading together and talking about a book’s story and pictures helps your child learn how to read.
- Look for ways to practice reading everywhere you go, such as stop signs, or labels and signs in the store.
- Ask your child questions about the story or pictures in books. Ask him to tell a part of the story.
- Ask your child specific questions about his day, friends, and activities.

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**Helpful Resources:** Smoking Quit Line: 800-784-8669 | Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)
WHAT TO EXPECT AT YOUR CHILD’S 4 YEAR VISIT

We will talk about

▪ Caring for your child, your family, and yourself
▪ Getting ready for school
▪ Eating healthy
▪ Promoting physical activity and limiting TV time
▪ Keeping your child safe at home, outside, and in the car

SAFETY

▪ Continue to use a car safety seat that is installed correctly in the back seat. The safest seat is one with a 5-point harness, not a booster seat.
▪ Prevent choking. Cut food into small pieces.
▪ Supervise all outdoor play, especially near streets and driveways.
▪ Never leave your child alone in the car, house, or yard.
▪ Keep your child within arm’s reach when she is near or in water. She should always wear a life jacket when on a boat.
▪ Teach your child to ask if it is OK to pet a dog or another animal before touching it.
▪ If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
▪ Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*  
For more information, go to https://brightfutures.aap.org.